

Welcome to the Peak District

relax,  
explore, enjoy



[www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)

# Welcome

Britain's first National Park, the Peak District's wild gritstone edges, beautiful heather moorlands and gentle limestone dales make it one of the best-loved areas of the country.

It's a place to get away from everyday hustle and bustle and enjoy solitude – but if it's exercise or adventure you're seeking, activities are close at hand and there are plenty of picturesque market towns and villages to explore.

If it is your first time here, or whether you are a regular visitor or a local resident, you can use this handy guide to learn more about the National Park and the opportunities to enjoy this special place.

## Did you know?



The Peak District National Park was set up in 1951. It covers 1,438 sq km of some of the finest landscape in the UK.

Many National Parks around the world are wilderness areas but the Peak District is home to 38,000 people. Due to its location at the heart of the UK almost the entire population live within four hours, making it one of the most popular Parks in the world.

The Peak District National Park Authority looks after the Park. It works with many organisations to conserve the area, ensuring that people from all walks of life enjoy what it has to offer and understand why it is so important. To find out more visit [www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)

More than a third of the Park is covered by Sites of Special Scientific Interest (SSSIs), areas protected because they contain important plant and animal species and geological formations.

**PEAK DISTRICT  
NATIONAL PARK**

# We're here to help

What better way to find out about the Peak District National Park and surrounding area than to pop into one of our visitor centres? You'll find out all there is to know about the area and receive a friendly welcome from our dedicated team, on hand to help you make the most of your visit.

Bakewell and Castleton Visitor Centres and the Moorland Centre offer the full range of tourist information services including accommodation & theatre booking, and information on public transport, local attractions, events and eateries – enjoy!



## **Castleton Visitor Centre**

The centre is fully accessible and perfect for anyone exploring the wonders of the Peak, as it is ideally placed in Castleton at the heart of the Hope Valley. The museum exhibition and interactive displays tell the story of this special valley and ideas for active enjoyment.

## **Bakewell Visitor Centre**

The centre is fully accessible and ideally placed to welcome you to Bakewell and the 'White Peak'. It is located in the 17th Century Old Market Hall. The Landscape Detectives interactive exhibition offers the opportunity to learn and understand about this special area of the National Park.



## **Moorland Centre**

The centre, which is fully accessible, lies at the heart of the Vale of Edale near the start of the Pennine Way. This flagship centre of the Moors For the Future Partnership is a focal point for visitors and ramblers. The centre is a national focus for moorland research and interactive displays and exhibitions will help you find out all about this important moorland wilderness area.

## **Upper Derwent Visitor Centre**

The centre acts as a focus for the two million walkers, cyclists and visitors who make the journey to this beautiful valley each year. The centre, which can accommodate wheelchair users, is part of a visitor complex at the heart of the Howden, Derwent and Ladybower reservoirs.

**Turn to the back page for visitor centre information and contact details**

# Get Active!

If you're looking for exercise, fresh air, excitement or adventure, you've come to the right place – the Peak District is one of the best areas in the UK to get out and get active.

The next couple of pages aim to give you a small taste of the activities on offer. No matter what your age or ability there'll be something for you...

## Join a guided walk

What better way to explore the National Park than to join a guided walk? Each year the National Park Authority organises around 250 walks, led by experienced rangers who can tell you all about the landscape and wildlife of this special place.

There are walks and events for everyone including families, wheelchair users, people new to the countryside and experienced walkers. All are convenient for public transport and it's free to take part – just bring along food and drink, appropriate clothing and footwear. For a list of walks visit [www.peakdistrict.gov.uk/ranger-walks](http://www.peakdistrict.gov.uk/ranger-walks) or phone 01629 816200. Up-coming walks include:

- 29 July – Wildflower stroll for families
- 7 August – Family fun Earth walk
- 1 September – An introduction to navigation and map reading
- 14 October – Fungus foray
- 2 December – Tree planting

The Peak District National Park Authority and its partners help maintain a network of national and regional way-marked paths including:

**Pennine Way** – it begins its 268-mile journey to Scotland at Edale, site of the Peak District's flagship Moorland Centre, which includes a visitor centre.

**Pennine Bridleway** - starts at Middleton Top, with newly built facilities for horses and riders at the former Hartington Station on the Tissington Trail.

**Trans-Pennine Trail** (215 miles from Liverpool to Hull) crosses the Peaks using the Longdendale Trail.

**Limestone Way** - from Castleton to Matlock and beyond, through the south of the National Park.

**Derwent Valley Heritage Way** - 55 beautiful miles along the River Derwent from Ladybower Reservoir via Chatsworth to Derby and the River Trent.

### MORE INFORMATION ABOUT TRAILS AND RAMBLING:

[www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)  
[www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)  
[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)  
[www.ramblers.org.uk](http://www.ramblers.org.uk)

For local walking guides and OS maps visit [www.nationalparks.gov.uk/pdshop](http://www.nationalparks.gov.uk/pdshop)





## Be a trailblazer

The Peak District is the perfect place to be carefree and car-free. A network of official trails and way-marked paths criss-cross the National Park, offering a safe and healthy way to explore the countryside.

All ages and abilities can enjoy trails specially designed for walking, horse riding or cycling. And as for the more challenging routes, several cross the park, including the renowned Pennine Way, the first national long-distance path.

There are good public transport links to most routes, so you can leave your car behind and enjoy the traffic-free environment. Many trails follow former railway tracks offering miles of hard-surfaced, easy-gradient routes for all seasons, including:

**High Peak Trail (17.5 miles)** - from Cromford to within six miles of Buxton. It is joined by the Tissington Trail (13 miles from Ashbourne) at Parsley Hay, which boasts its own cycle hire centre.

**Longdendale Trail (7 miles)** - follows the old Manchester to Sheffield rail line from Hadfield to Woodhead, past reservoirs and dams.

**Monsal Trail (8.5 miles)** - including the magnificent Monsal Dale viaduct, is easily accessible from the former Bakewell or Millers Dale stations. This trail has difficult sections where you must leave the track to avoid blocked tunnels.

**Manifold Track (nearly 9 miles)** - from Waterhouses to Hulme End, passing the impressive Thor's Cave, uses a former milk-train railway-line.

# On your bike!

There are miles of cycle routes in the Peak District whether you wish to choose the rugged mountain routes or the relaxing traffic free trails. You can bring your own bike or visit one of the four cycle hire centres.

The centres are close to some of the UK's best cycling, and bikes are available to suit all sizes, ages and abilities including tandems, trikes, hand-cranked tricycles, child buggies, baby seats and powered mobility scooters.

Cycles are replaced every year to maintain the best standards of comfort, safety and performance. Pumps, puncture repair kits, locks, carriers, helmets and maps are included in the hire cost.

**Parsley Hay cycle hire centre**, near Buxton, SK17 0DG, tel: 01298 84493. At the junction of the High Peak and Tissington trails, the centre is the gateway to 30 miles of traffic-free cycling through stunning limestone scenery.

**Ashbourne cycle hire centre**, Mapleton Lane, Ashbourne, DE6 2AA, tel: 01335 343156. The centre is on the Tissington Trail, a disused railway line 13.5 miles long of scenic beauty.

**Derwent cycle hire centre**, Fairholmes car park, Derwent, Bamford, S33 0AQ, tel: 01433 651261. Cycle through beautiful woodland beside the historic Derwent and Ladybower reservoirs.

**Middleton Top cycle hire centre**, Middleton-by-Wirksworth, DE4 4LS, tel: 01629 825336. On the High Peak Trail, which provides access to 17.5 miles of traffic free cycling.

The centres are open every day from 9.30am to 5.30pm between March and October, with limited opening between November and February. To find out more visit [www.peakdistrict.gov.uk/cycle](http://www.peakdistrict.gov.uk/cycle)

Middleton Top opening times may vary. Call 01629 823204 or visit [www.derbyshire.gov.uk/countryside](http://www.derbyshire.gov.uk/countryside).

A selection of Peak District cycling and mountain biking books are available from visitor centres and by logging-on to [www.nationalparks.gov.uk/pdshop](http://www.nationalparks.gov.uk/pdshop)



# Peak activities

Above or below ground, in the air and on water, the Peak District offers an amazing range of activities and experiences. Here are just a few ideas with contact details. For more about activity providers, contact one of the National Park Visitor Centres (listed on the back page) or visit the outdoors page at [www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)



## Reach high

The Peak District has some of the most challenging and popular climbing routes in Europe, including the world-famous Stanage Edge, near Sheffield.

The British Mountaineering Council provides up-to-date information on crags, along with the latest news on seasonal access restrictions, special advice for groups, delicate or banned access or specific parking and approach advice. Visit [www.thebmc.co.uk](http://www.thebmc.co.uk)

## Riding

For approved riding centres in the Peak District visit the Association of British Riding Schools at [www.abrs.org](http://www.abrs.org) or the British Horse Society at [www.bhs.org.uk](http://www.bhs.org.uk)

## Water sports

Windsurfing, sailing and canoeing courses are provided at many of the Peak District's reservoirs, including Carsington, Rudyard, Combs, Dovestone and Torside or visit [www.bcu.org.uk](http://www.bcu.org.uk)

## Explore caves...

Did you know that the recently discovered Titan Cave is the biggest in the UK, at a staggering 141.5 metres high? If you want to explore caves with experienced cavers, visit the Derbyshire Caving Association website at [www.thedca.org.uk](http://www.thedca.org.uk)

The Peak District is riddled with fantastic underground formations, which you can see in safe and well-lit show caves – visit the 'caves and caverns' section at [www.visitpeakdistrict.com/html/great-ideas/caves-and-caverns/](http://www.visitpeakdistrict.com/html/great-ideas/caves-and-caverns/)

## Casting time

The Peak District's rivers are renowned for their quality.

Izaak Walton first praised 'the best and reddest trouts in England' in his book, *The Compleat Angler* in the 1600s and now you can go fly-fishing on the Rivers Derwent, Wye or Dove, or course fishing in lakes and reservoirs. You need a rod fishing licence (available at Post Offices and other national outlets) and a permit or day-ticket from the owner. Visit the Environment Agency website at [www.environment-agency.gov.uk/subjects/fish/](http://www.environment-agency.gov.uk/subjects/fish/)

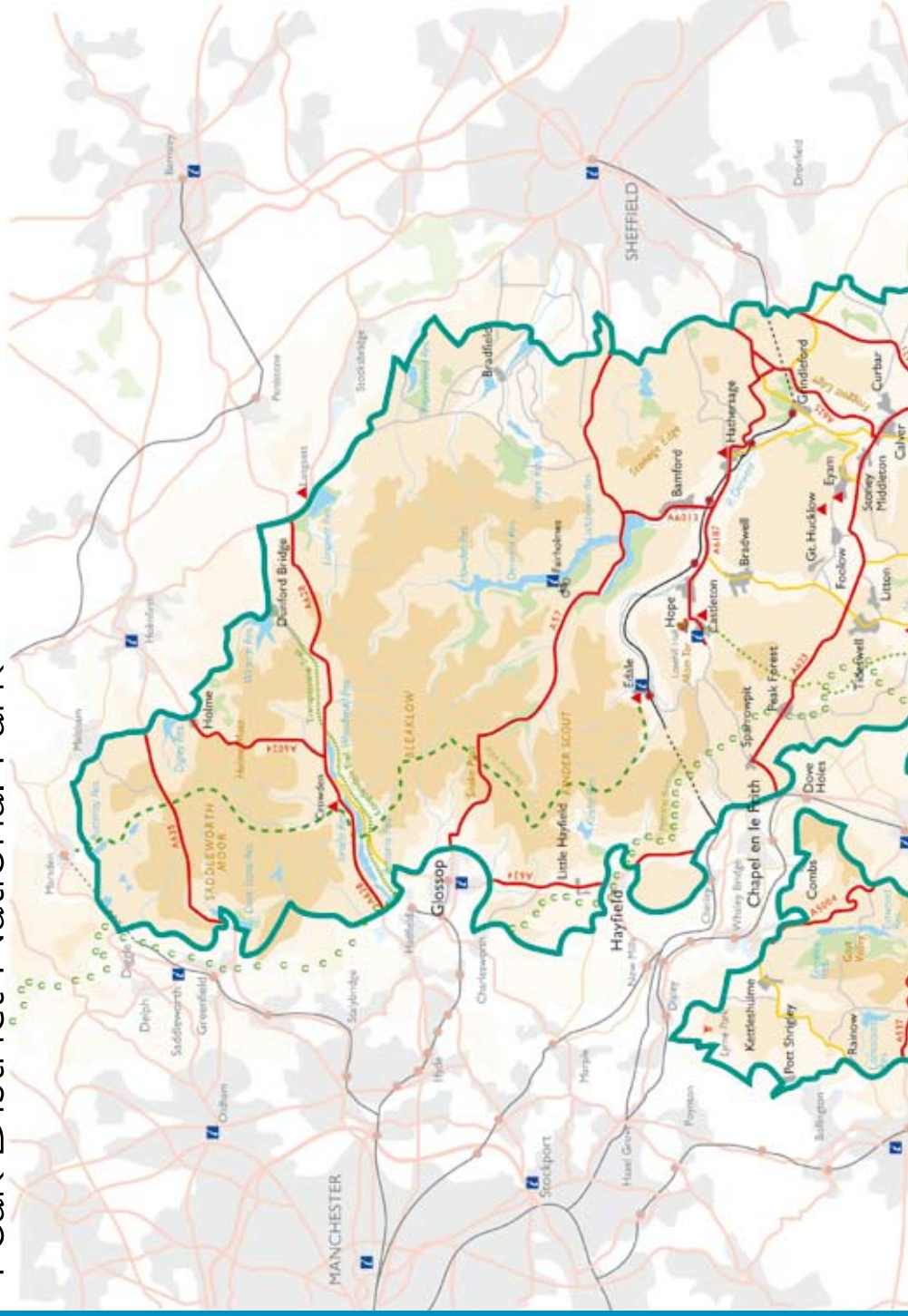
## Protect, Respect and Enjoy



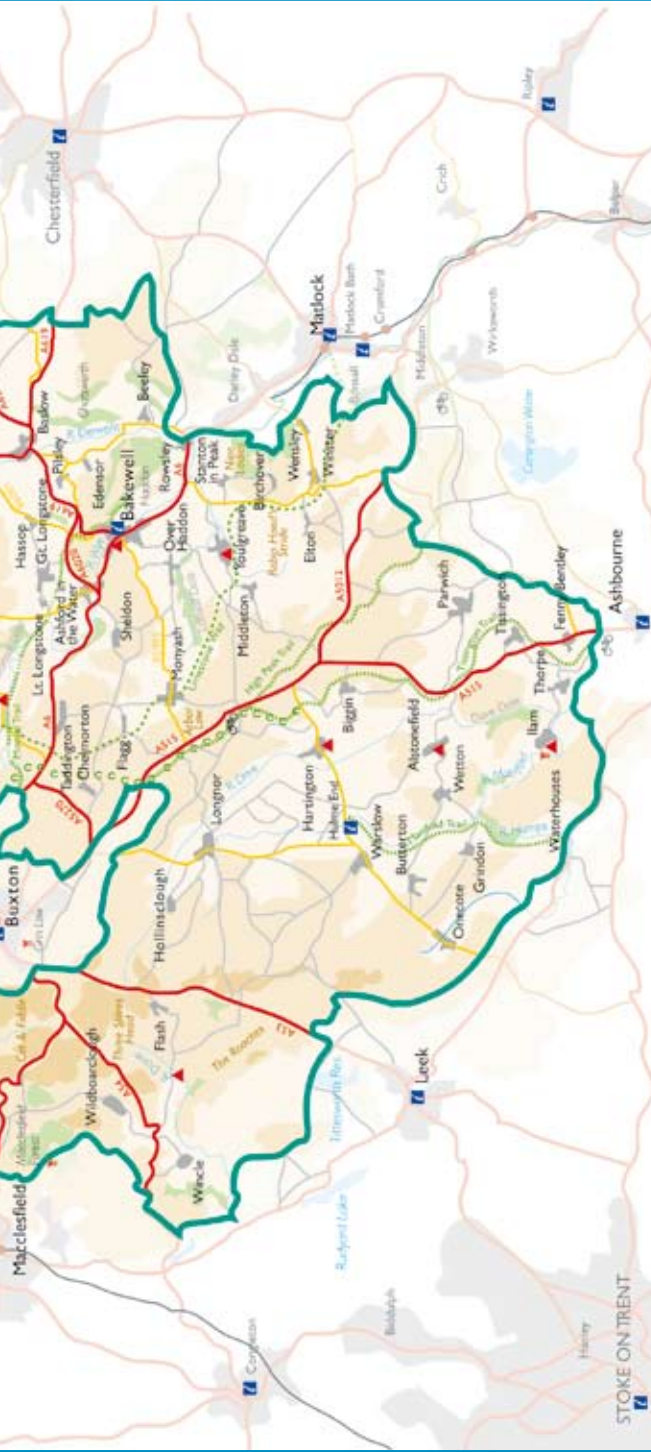
The glory of the Peak District & Derbyshire is its magnificent landscape and wildlife - so whatever you're doing, please look after it. Take your litter home, use gates and stiles rather than climb over walls, use paths where possible, leave gates as you found them, keep close control of dogs, do not light fires and use public transport where you can.



# Peak District National Park







STOKE ON TRENT

National Park Boundary

Land over 400 metres  
Land over 300 metres  
Land over 200 metres

Railway and Station

Railway Tunnel  
A Road  
B Road  
Minor Road

Pennine Bridleway

Pennine Way  
Trail  
Limestone Way

Information Centre

Cycle Hire  
Youth Hostel  
Country Park

Settlement

Reservoir  
Woodland

## Peak District National Park Visitor Enquiry

Line: 01 629 81 6558

Bakewell and Castleton Visitor

Centre Tel: 01 629 81 6558

Upper Derwent Valley Tel: 01 433 650953

Moorlands Centre, Edale Tel: 01 433 670207

## Tourist Information Centres

Ashbourne Tel: 01 335 343666

Barnsley Tel: 01 226 206757

Buxton Tel: 01 298 25106

Chesterfield Tel: 01 246 345777

Glossop Tel: 01 457 855920

Holmfirth Tel: 01 484 222444

Leek Tel: 01 538 483741

Macclesfield Tel: 01 625 504114

Matlock Tel: 01 629 583388

Matlock Bath Tel: 01 629 55082

Saddleworth Tel: 01 457 870336

Sheffield Tel: 01 14 281 4040

Stockport Tel: 01 61 474 4444

# Have a REAL Peak Experience!

Did you know that the Peak District is one of the most popular locations in the UK for film, TV and literature? Or that a tropical lagoon once covered the National Park? Or that there are myths and legends to uncover in every nook and cranny?

Now you can get to the very heart of the Peak District's rich history, culture and wildlife by picking up free "Peak Experience" guides. They direct you on tours of intriguing sites, all close to shops, cafes and accommodation.

**DOWNLOAD THE GUIDES FROM**  
[www.peak-experience.org.uk](http://www.peak-experience.org.uk)

More themed guides are on the way – **'Watery Peak'**, **'Industrial Pasts'** and **'How we ate the Peak District'** will be on-line during summer 2007

**Film and literature** – explore the places that inspired Jane Austen and Charlotte Bronte, and visit the film and TV locations of *Pride and Prejudice*, *the Dambusters* and *the League of Gentlemen*.

**Time travellers** - visit over 5,000 years of human life and death, discovering worlds that live on as archaeological monuments and historic buildings.



**Peak churches** – 1,400 years of Peak District religion unfold in these beautiful buildings, with many hidden surprises to discover.

**Geology** – explore millions of years of history, from caves and crags to mountains and valleys.

**Bloody Peak** – experience the Peak's witches, ghosts, highwaymen and horrors!

**Wild Peak** – soak up the Peak's stunning landscapes and wildlife.

**Peak antiques** – the Peak's stately homes, museums and antique centres offer an unrivalled treat for antique enthusiasts.





# Go green

The Peak District National Park is one of the most protected places in the world, with stunning landscapes that are home to many important and rare plant and animal species.

Each year, millions of people visit, not just to enjoy the fresh air and breathtaking scenery, but also to learn more about why the Peak District is so important.

Here are some ideas that will help you to get to the very heart of this very special place.

## Eco-tourism



### What is the Peak District Environmental Quality Mark?

The Peak District Environmental Quality Mark is a certification mark. It can only be achieved by businesses that actively support the best environmental practices in the Peak District National Park. There are four award categories – Farming, Food & Drink, Arts & Crafts, and Holiday Accommodation. The award categories make the link from sustainable management of the land to retailers to consumers, so everyone can make a contribution to the conservation of the Peak District National Park.

More information about the Peak District Environmental Quality Mark is available on the award website: [www.peakdistrict.gov.uk/eqm](http://www.peakdistrict.gov.uk/eqm)



## Heritage Walks

If you would like to experience the rich history, geology and archaeology of the Peak District, a heritage walk is a great way to start.

Choose from 10 walks and explore 10,000 years of history, from Bronze-Age burial mounds and ancient monuments to the evocative remnants of the Peak District's lead mining heritage.

The Heritage Walks guide is published by the BESST partnership.  
Copies are available in local bookshops or visit [www.besst.org](http://www.besst.org)

Local communities work hard to protect the National Park, and you can enjoy a relaxing break whilst learning more about this important conservation work.

A Europe-wide partnership called BESST – Business and the Environment through Small Scale Tourism – offers a range of eco-breaks and activities that will enable you to enjoy the best of the Peak District whilst contributing to its conservation. Visit [www.besst.org](http://www.besst.org) to find out more.



# Food, glorious food!



The Peak District National Park is an internationally valuable landscape – and more and more businesses are connecting food production to environmental management.

By savouring the distinctive local foods of the area during your visit, you can help to care for that wonderful landscape formed by centuries of food production.

Peak District Foods is a group of local food producers and food businesses based in and around the area. You will see members at food events and markets through the year. Many food and accommodation businesses in the Peak District use Peak District Foods too. Look out for 'Savour the Flavour of the Peak District', the local food guide.

If you would like to plan ahead and make sure that your visit serves up the very best in Peak District cuisine, visit [www.peakdistrictfoods.co.uk](http://www.peakdistrictfoods.co.uk) to find out where to buy and where to eat. And even if you aren't visiting the Peak District, you can order a range of mouth-watering delicacies on-line.



## Farmers' Markets

Agriculture is an important part of Peak District history and has shaped the landscape over many hundreds of years. Today, local farmers serve up some of the best food in the world, from the finest organic beef and lamb to mouth-watering dairy products.

You can pick up a tasty bargain by buying direct from the producers at a bustling Farmers' Market – there's one nearly every weekend somewhere in the Peak District, including popular events at Bakewell and Buxton.

For a full list of events visit [www.peakdistrictfoods.co.uk](http://www.peakdistrictfoods.co.uk) and click on 'where to buy'.



# Plan ahead & make the most of your visit

With so many things to do and places to see, how can you get the most out of the Peak District and Derbyshire? The answer is a mouse click away - you can explore everything that the area has to offer from the comfort of your home by visiting [www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)

The website is your on-line gateway to getting the very best out of the Peak District and Derbyshire, from events listings, activities and attractions to themed short breaks and quality-assessed accommodation. To give you a few ideas we've picked out some of the highlights – but there's loads more to explore on-line.

## Well dressings

No visit to the Peak District is complete without a trip to a local village well dressing! This is the ancient art of decorating springs and wells with intricate pictures made out of petals, leaves and other living things, all set into a base of clay.

The colourful tradition is unique to the region and dozens of local villages will be hosting celebrations up to September. Each year local communities work for days to create their village well dressing – which will only last for a week before the flowers fade and the clay dries out



## Short breaks - with a difference

The Peak District and Derbyshire offers a great range of tailor-made short breaks that cater for all tastes and interests. Enjoy relaxing spa treatments, tread in the footsteps of Mr Darcy on a Pride and Prejudice break or learn about the natural landscape – you can even have a go at making a dry stone wall.

Log on to [www.visitpeakdistrict.com](http://www.visitpeakdistrict.com) for the full range of themed breaks.



### Visitor Guide 2007

Order your free copy of the Peak District & Derbyshire Visitor Guide - 136 pages packed with features on food,

cultural heritage, landscape, towns & villages and ideas for great days out, as well as a directory of events, activities, attractions and quality-assessed accommodation. Order your copy by logging on to [www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)



# Leave the car behind

The Peak District is a great place to visit by public transport, thanks to one of the best rural public transport networks in the UK. And because the National Park is at the very heart of the UK, its excellent rail links mean that no-one is too far away.

Once you're here, there are plenty of ways to get around without a car. Use the following information to plan ahead and enjoy a stress-free and car-free visit.

## Peak Connections

Peak Connections pocket guides give you ready made 'days out' itineraries for bus travel to and around the Peak District. What's more, many of the guides give you discounted entry to top visitor attractions. And with no parking worries or fees you will save time and money.

So why not take the opportunity to do your bit ... arrive proud of the fact that your 'car free travel' is helping to save the environment? For Peak District walks there is no better way than using the local buses or trains ... ride out and then ramble back.

Peak Connections leaflets are available free from local visitor centres or phone 08457 058058.

### Public Transport

Peak District Bus Timetable 80p.  
Published in March and October and available from visitor centres and our e-shop.

**Traveline public transport info**  
0871 200 22 33

**Rail Services** 08457 48 49 50

**National Express Coach Services**  
08705 808080

**Derbyshire On-line Journey Planner**  
[www.derbyshire.gov.uk/buses](http://www.derbyshire.gov.uk/buses)

## Money Saving Tickets

With a Derbyshire Wayfarer ticket you can travel through the Peak District for a day on any bus or train. Tickets are available from local visitor centres, staffed railway stations and bus drivers.

Travellers from Manchester can buy the Manchester Wayfarer ticket, while the South Yorkshire Peak Explorer ticket is available for travellers from South Yorkshire.

If you're travelling on Sundays or Bank Holidays, ask for a Family Freedom Ticket. At just £8, a group of up to two adults and three children can travel on the Sunday bus network

### TAKE THE FOLK TRAIN

Public transport doesn't have to be dull – take the Folk Train and listen to live music.

And there's time to visit a country pub before your return journey.

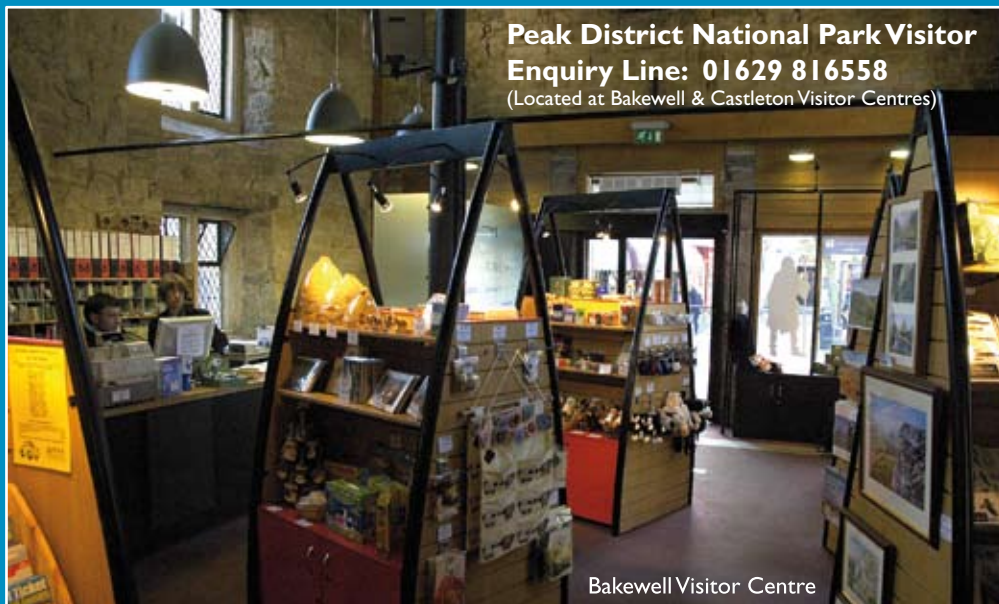
Trains run into the heart of the Peak

District from Manchester and

Sheffield – visit [www.folktrain.org.uk](http://www.folktrain.org.uk)

**For the latest public transport info:**  
[www.derbyshire.gov.uk/buses](http://www.derbyshire.gov.uk/buses)  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
...or contact the Traveline  
on 0870 6082608

# Visitor Centre information



**Peak District National Park Visitor**  
**Enquiry Line: 01629 816558**  
(Located at Bakewell & Castleton Visitor Centres)

Bakewell Visitor Centre

## **Bakewell Visitor Centre**

The Old Market Hall, Bridge Street,  
Bakewell, DE45 1DS  
Tel: 01629 816558  
Email: [bakewell@peakdistrict.gov.uk](mailto:bakewell@peakdistrict.gov.uk)

## **Castleton Visitor Centre**

Buxton Road, Castleton,  
Hope Valley, S33 8WN  
Tel: 01629 816558  
Email: [castleton@peakdistrict.gov.uk](mailto:castleton@peakdistrict.gov.uk)

## **The Moorland Centre**

Fieldhead, Edale, Hope Valley, S33 7ZA  
Tel: 01433 670207  
Email: [edale@peakdistrict.gov.uk](mailto:edale@peakdistrict.gov.uk)

## **Upper Derwent Visitor Centre**

Derwent, Bamford, Hope Valley, S33 0AQ  
Tel: 01433 650953  
Email: [derwentinfo@peakdistrict.gov.uk](mailto:derwentinfo@peakdistrict.gov.uk)

Visitor centre opening times - [www.peakdistrict.gov.uk/index/visiting/ic.htm](http://www.peakdistrict.gov.uk/index/visiting/ic.htm)

## **Visit the online shop**

A wide range of National Park souvenirs, maps and publications are available at the centres - but if you don't get chance to pop in, you can still browse some of our range by visiting our on-line shop at [www.nationalparks.gov.uk/pdshop](http://www.nationalparks.gov.uk/pdshop)

# **[www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)**

Aldern House, Baslow Road, Bakewell, Derbyshire, DE45 1AE  
T: 01629 816200 F: 01629 816310 E: [customer.service@peakdistrict.gov.uk](mailto:customer.service@peakdistrict.gov.uk)